



MUSCLE CRAFT GYM

Over 40 Strength Training Exercises!

When you choose the MuscleCraft Gym, you'll be getting a dynamic new fitness machine that brings with it a solid reputation for safety, performance and durability. Whether you use it to strengthen your body, to build a well developed muscular physique, or just tone up a few times each week, you'll have the confidence of knowing that you have the best possible machine for the job. With the high-strength pop pin adjustable Lift-Offs and Spotter Arms you can train to failure in complete safety. There are absolutely no cable changes or hook-ups when moving from station to station. This saves time and keeps you moving through your exercise routine quickly and easily. The power and performance of this machine can be yours to build more muscle, more strength and more endurance. There Are No Limits!

• See Your Body-Solid Distributor for Details •

MULTI-PRESS RACK

High weight capacity makes this Rack an excellent choice for bodybuilding or powerlifting. Wide or narrow grip presses can be done in confidence because the Safety Spotter Arms are there to protect you if you miss that last rep. Engineered with heavy-duty 12 gauge steel, jumbo quick-release pop pins and smooth sliding Nylon bushings. 80"H x 46"L x 48"W. #WMPR-80

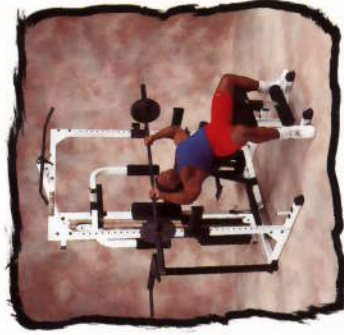


Optional:
GYM WEIGHT TREE ▶

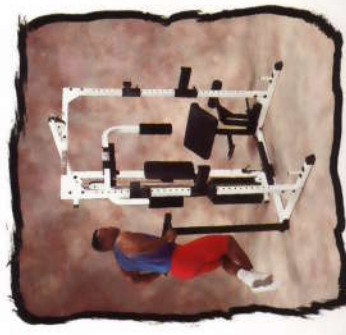
Holds up to 700 Lbs. of Olympic or Standard weight plates. Easy bolt-on design. #GWT-4



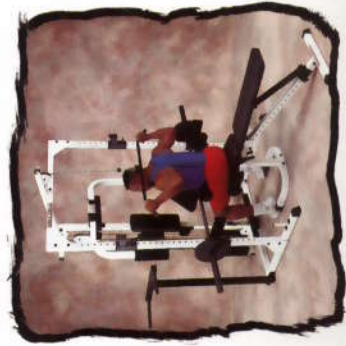
Bench Press



Incline Press



Dip Station



Lat Pull Down



Leg Extension